



Uniting

Tuning in to Teens

Emotionally Intelligent Parenting

A six-session parenting program
for parents of adolescents aged 10 – 18

Would you like to learn how to:

- Improve ways of talking with your teen?
- Develop a better understanding of your teen?
- Help your teen learn to manage their emotions?
- Help to prevent behaviour problems in your teen?
- Teach your teen to deal with conflict?

*Tuning in to Teens shows you how to help your teen develop
emotional intelligence*

Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success

Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: Bateau Bay Neighbourhood Centre - 10 Cynthia St, Bateau Bay 2261

When: Thursday 10:00AM-12:00PM on: 10/8, 17/8, 24/8, 7/9, 14/9, 21/9

For further information and bookings contact:

Daniel Lobo - RAPT Caseworker

Phone: (02) 4325 9606